



AYURVEDIC RECIPES

Simple Ayurvedic Cooking
For A Healthy Life



PURA VEDA GURUKULAM





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Sonia Kaur d/b/a Pura Veda

Self-published

puravedacostarica@gmail.com

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Through food in its original whole form without adulteration, cooked in a gentle manner, we can feel connected to ourselves and the macrocosmos in which we exist...a mergence of consciousness that reminds us that we are connected to every being around us, we are part of every being around us, we are every being around us.



Introduction

Welcome and get ready to join us on a journey of flavors while being introduced to Ayurveda's perspective on food. Nourish your body with the medicinal benefits of food while being kind to the Earth. Learn how to prepare easy, flavorful meals in thirty minutes to an hour with simple ingredients.

There is an intelligence that exists in every seed and this intelligence manifests in plants. In this way, there is consciousness in plants and the other foods we eat. There is communication between the food we eat and our bodies, food connects us to the Universe around us.

Since many people eat upwards of 2 times a day, food is what we consume the most. Therefore, through our food and ingredients, we choose to support or not support the variety of agricultural choices we have today. Do we support untainted seeds (non-gmo) or gmo seeds? Do we support commercial agriculture or small farms? Do we support monoculture farming or polyculture farming? Do we support conventional farming or regenerative agriculture? These are all choices that we are making when we are choosing to source our food and ingredients.

Our food and ingredient choices impact our environment and ecology and our relationship to all the other participants that are involved in bringing that food to the table. This requires us to source our ingredients intentionally and responsibly. Food can not contribute to health if it is created and/or produced by the manipulation of seeds, contamination of the Earth, or the exploitation of people. Please choose your ingredients wisely.

visit your local farms and form relationships with those producing food in your community.

Ghee has medicinal value in Ayurveda and is included in some of the recipes. Please choose humanely sourced organic butter to make your ghee. Feel free to substitute ghee with a vegan oil anywhere you see ghee. Please also substitute mylk in any of the recipes with whatever mylk is local to you. Coconut mylk is local to me and for this reason I opt to use coconut mylk for most of these recipes.

This collection of recipes provides you with different genres of meals that are balancing to different dosha in different seasons. You may notice you are intuitively drawn to different foods and different ways of preparing foods in different seasons. For example, the temperature of your meal may make it more balancing for one season over another. Foods served room temperature balance the hot weather while foods served warm or hot balance the cold weather. The soups and other meals in this collection of recipes taste great either room temperature or hot. Try serving them room temperature during the warmer weather and hot in the colder weather. More warming spices such as black pepper, cinnamon, cloves, and ginger may be used when the weather is cooler or cold while more fennel and cilantro may be used when the weather is warmer or hot.

Ayurveda favors eating freshly made foods, if you don't have time to meal prep more than once a day, consider having the same meal for lunch and dinner. Remember to breathe and relax as you prepare your food so the process is not stressful. Just like anything in life, practice makes perfect. In this context, you will notice meal prep becomes easier with time as you become familiar with the recipes.

Enjoy!

With Deep Gratitude,

Sonia Kauri



Recipes

Kitchari



SERVINGS: 2



PREPPING TIME: 15 MIN



COOKING TIME: 30 MIN

Ingredients

3 C Water	1/4 tsp Ground
1/2 C White Rice	Cumin
1/2 C Split Mung	1 Cinnamon Stick
Beans	1/2 tsp Himalayan
1.5 T Ghee or a	Salt
vegan substitute	1/2 tsp Ground
1 tsp Cumin Seeds	Turmeric
1 tsp Fennel Seeds	Pinch of Black
1/2 tsp Chopped	Pepper
Ginger	Handful of
1/2 tsp Ground	Chopped Cilantro
Coriander	



Directions

1. Soak the rice and mung beans separately for 8 hours. Wash well and strain in a colander. Rub the mung beans as you wash.
2. Put a 3 quart pot on the stove to heat and add 1 to 2 tsp of ghee or vegan alternative to cover the base of your pot. When the ghee/oil is hot (but not smoking), add the **cumin** and **fennel** seeds and wait for the seeds to pop as you stir with a spatula. Next add the **coriander** seeds and stir. Add the shredded **ginger** and stir. Then add the **cumin** and **coriander** powder and stir. Add the **cinnamon** stick and stir. Last add the **turmeric** powder and pinch of **black pepper** and stir.
3. Add the rice and mung beans and stir for 2 minutes before adding water and allow the kitchari to come to a gentle boil. Remove any foam that surfaces with a ladle. Reduce flame to low, stir and cover.
4. Continue to cook for 45 minutes until it reaches the desired texture. A thinner consistency will be easier to digest when sick or introducing food after a cleanse or to young ones. You may choose to add hot water to arrive at desired consistency. Check frequently and stir to prevent from burning.
5. Add salt a few minutes before turning the flame off. Add remaining ghee and stir. Garnish with cilantro.
6. Enjoy!

Ghee



SERVINGS: 13 OZ



PREPPING TIME: 2 MIN



COOKING TIME: 25 MIN

Ingredients

1 lb organic unsalted grass-fed butter, roughly cut in 1 inch pieces
Unbleached organic non BT cotton cheese cloth
1 glass jar for storing ghee
Hot water to wash cheese cloth after use



Directions

1. Heat butter in a pot over low heat, stirring it gently from time to time to assist the butter in melting evenly. Once the butter is melted, allow the butter to cook on low heat.
2. A thick, white foam will begin to develop on the surface. You will notice bubbles increase in size and number as the butter continues to cook. The ghee cooks itself so just watch the process without touching the ghee.
3. The bubbles will become bigger and clearer and then the foam will become thinner. At this point, the milk solids will start to curdle and attach to the sides of the pot. Gently scrape the sides of the pot so it doesn't start to burn. Continue to remove the milk solids from the sides of the pot throughout this process. The milk solids will sink to the bottom of the pot.
4. The foam will disappear as the milk solids sink to the bottom of the pot, this marks the end of the first foam. Continue to allow the butter to cook and continue this process.
5. The ghee will then start to foam for a second time. Watch the ghee carefully so that it does not burn and notice as the bubbles continue to be released. When this happens, it indicates that the ghee is ready to be strained so remove from heat and let the foam settle for a few seconds. You should notice that the ghee is a rich, golden color.
6. Strain the ghee several times through a cheese cloth to eliminate the milk solids. Then, transfer the ghee to a glass jar. Cover the jar loosely and allow the ghee to set for several hours at room temperature (may even take the whole day). Ghee does not need to be stored in the refrigerator.

Digestive Tea



SERVINGS: 1



PREPPING TIME: 1 MIN



COOKING TIME: 10 MIN

Ingredients

2 C Water

1/2 tsp Grated Ginger

1/2 tsp Grated Turmeric

1/2 tsp Fennel Seeds

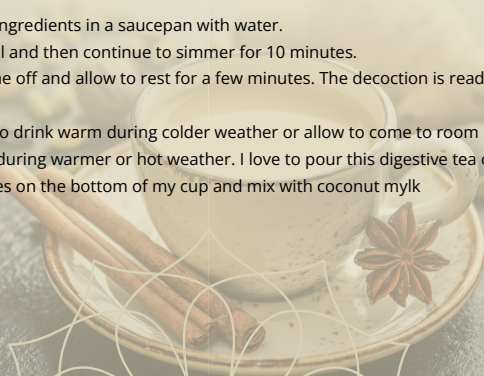
*add 2 cloves and 1/2 cinnamon stick to make this tea warming in the cold weather

*reduce the amount of ginger during when feeling too much heat or during the hot weather to make this tea more cooling



Directions

1. Place all the ingredients in a saucepan with water.
2. Bring to a boil and then continue to simmer for 10 minutes.
3. Turn the flame off and allow to rest for a few minutes. The decoction is ready to consume.
4. You can opt to drink warm during colder weather or allow to come to room temperature during warmer or hot weather. I love to pour this digestive tea over a couple of dates on the bottom of my cup and mix with coconut mylk
5. Enjoy!



Carrot Oatmeal



SERVINGS:1



PREPPING TIME: 5 MIN



COOKING TIME: 15 MIN

Ingredients

1 C Coconut

Mylk

1/4 C Rolled

Oats

1/4 C Ground

Oats

1/2 Shredded

Carrot (35 g)

2 tsp

Soaked Peeled

Almonds

1 1/2 tsp Ghee

1/8 tsp of

Cinnamon

Powder

Pinch of Salt

optional:1 tspn

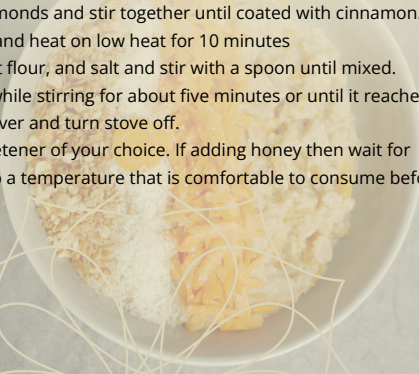
raw sugar,

honey, etc.



Directions

1. Place saucepan on stove and heat 1/2 tspn of ghee or cooking oil until hot.
2. Add **cinnamon** powder until it becomes aromatic.
3. Add carrots and almonds and stir together until coated with cinnamon.
4. Add coconut mylk and heat on low heat for 10 minutes
5. Add rolled oats, oat flour, and salt and stir with a spoon until mixed.
6. Cook on low heat while stirring for about five minutes or until it reaches the desired texture. Cover and turn stove off.
7. Add ghee and sweetener of your choice. If adding honey then wait for oatmeal to come to a temperature that is comfortable to consume before adding honey.
8. Enjoy!



Upma - Ayurvedic Rice Porridge



SERVINGS: 2



PREPPING TIME: 5 MIN



COOKING TIME: 20 MIN

Ingredients

2 1/4 C Water	2 T Roasted
3/4 C Rice Flour	Sunflower Seeds
(blend rice to flour)	2 tsp Ghee
1 Carrot Peeled	1 tsp Grated Ginger
Chopped and	1 tsp Cumin Seeds
Cooked (70 g)	1 tsp. Fennel Seeds
1 C Kale Chopped	1 tsp Coriander
and Cooked	Seeds
1/2 C Zucchini	1 tsp Lemon Juice
Chopped and	3/4 tsp Salt
Cooked	Chopped Cilantro



Directions

1. Heat a cast iron or fry pan on medium heat and add 1 tsp of ghee to cover bottom of pan. When hot, add **cumin** and **fennel** seeds and stir. Then add **coriander** seeds and stir. Finally add grated **ginger** and stir.
2. Next add rice flour and stir with the toasted spices and allow the rice flour to toast. Start to slowly add the water while continuing to stir so the mixture stays smooth.
3. Add salt, stir and continue to cook for 8 minutes or until water has absorbed and rice porridge is cooked.
4. Next add the cooked vegetables and stir well. Cover the pan and turn the heat off. Allow to sit and integrate for 10 minutes.
5. Add ghee and stir.
6. Add the sunflower seeds and cilantro and stir. Add the lemon juice before serving.
7. Enjoy!

Oat Pancakes



SERVINGS: 2



PREPPING TIME: 5 MIN



COOKING TIME: 10 MIN

Ingredients

2 C Oat Flour (blend rolled oats to make flour)

1 C Coconut Mylk

2 T Coconut Oil

2 T Unprocessed Cane Sugar or Sweetener of Choice

2 tsp Baking Powder

1 tsp Cinnamon Powder

1/2 tsp Salt



Directions

1. Mix all dry ingredients in a bowl. (Oat flour, sugar, baking powder, **cinnamon** powder and salt)
2. Mix all wet ingredients in a separate bowl (coconut mylk and coconut oil).
3. Form a hole in the center of the dry ingredients and pour the wet ingredients in this hole. Mix the wet and dry ingredients together.
4. Heat a cast iron or another fry pan and coat the bottom of the pan with oil on medium heat until hot but not smoking.
5. Pour a 1/2 cup of batter on the pan. Wait approximately one minute or until bottom starts to brown, lift the edges of the pancake with a spatula to check color.
6. Use a spatula to lift the pancake and spread a little oil on the pan before flipping the pancake. Cook for another minute or until brown.
7. Remove from heat and top with your favorite sauce or mangoes.
8. Enjoy

Yuca Rolls



SERVINGS: 9 ROLLS



PREPPING TIME: 5 MIN



COOKING TIME: 25 MIN

Ingredients

1 1/2 C Yuca Starch
7/8 C Coconut Mylk
1/2 C Overnight Soaked & Peeled Almonds
1/3 C Olive Oil
1 Chia Egg (1 T Chia mixed in 3 T Water for 10 minutes)
1 tsp Salt
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1/2 tsp Oregano



Directions

1. Preheat oven to 400 F or 200 C and oil a muffin pan.
2. Place almonds in a food processor and pulse a few times into pieces.
3. Blend coconut mylk, oil, chia egg, salt, oregano, garlic and onion powder until smooth.
4. Add almonds and yuca starch and blend for 10 to 20 seconds. Move the batter with a mixing spatula and blend again for 10 to 20 seconds. Repeat 2 more times.
5. Pour the batter into the muffin mold until 2/3 full. Fill any empty molds halfway with water.
6. Bake for 20 to 25 minutes and remove from oven.
7. Allow to cool for 10 minutes.
8. Enjoy!.

Chia Seed Pudding



SERVINGS: 2



PREPPING TIME: 5 MIN



COOKING TIME: 0

Ingredients

- 2 C Coconut Mylk,
- 6 T Chia Seeds
- 2 T Unprocessed Local Sweetener
(Honey, Maple Syrup, Cane Syrup)
- 1 tsp Cinnamon Powder



Directions

1. Pour coconut mylk or any other vegan mylk into a container with sweetener and **cinnamon** powder and stir well.
2. Slowly pour chia seeds into mylk mixture while stirring. Stir well for 30 seconds to 1 minute.
3. Let sit for 2 to 3 minutes and then stir again. Repeat this process 2 more times.
4. Cover and place in the fridge overnight. Option to divide pudding into 2 mason jars for individual portions.
5. In the morning or during snack time, take out your chia seed pudding mason jar or scoop out into a bowl and allow to come to room temperature. Top with granola, hemp seeds, mango or your favorite toppings. This is a great snack take with you on the go as well. Remember to pause when eating.
6. Be creative and enjoy.

Overnight Oats



SERVINGS: 2



PREPPING TIME: 5 MIN



COOKING TIME: 0 MIN

Ingredients

1 1/3 C Coconut Mylk
1/2 C Rolled Oats
1 T Chia Seeds
1/2 tsp Unprocessed Local
Sweetener (Honey, Maple Syrup,
Cane Syrup)



Directions

1. Place oats and chia seeds in a jar and mix well.
2. Add coconut mylk and sweetener and stir well for 30 seconds to a minute.
3. Let sit for 2 to 3 minutes and then stir again. Repeat this process 2 more times.
4. Cover and place in the fridge overnight.
5. Scoop out in the morning or for a snack and allow to come to room temperature. Top with granola, hemp seeds, mango or your favorite toppings.
6. Be creative and enjoy.!

Quinoa Salad



SERVINGS:1



PREPPING TIME: 5 MIN



COOKING TIME: 15 MIN

Ingredients

2 C Vegetable Broth or Water
1 C Quinoa Soaked Overnight
1-2 C Chopped Kale
1 C Carrot Peeled and Chopped
1 tsp Cumin Powder
1/2 tsp Salt
Handful of Chopped Cilantro
Stems or Herbs of Your Choice



Directions

1. Wash and strain overnight soaked quinoa well.
2. Add water or vegetable broth, **cumin** powder, salt and herbs to a pot and mix well.
3. Add quinoa and cook on medium heat until the water evaporates to the level of the quinoa.
4. Turn flame to low, cover and continue to cook quinoa for 5 to 8 minutes. In the meantime, place chopped carrots in a small pan and cover with water. Bring to a boil and cook for 5 minutes until desired texture. Strain and allow to cool.
5. Remove quinoa from flame and allow to sit for 10 minutes.
6. Heat a cast iron or fry pan and coat with oil. When hot, sautee kale for 1 to 2 minutes or until cooked. Sprinkle with salt, mix and allow to cool.
7. Mix the carrots and kale with the cooked quinoa. Allow to sit for a few minutes for the flavors to integrate.
8. Enjoy with Roasted Chick Peas and Carrot Ginger Sauce.

Asian Inspired Pad Thai



SERVINGS: 2



PREPPING TIME: 15 MIN



COOKING TIME: 15 MIN

Ingredients

250 grams Pad Thai Rice Noodles
2 C Chopped Broccoli (180g)
2 Carrot Peeled & Chopped in
Sticks (180 g)
2 T Tamari or Soy Sauce
1 T Roasted Black Sesame Seeds
1 tsp Sesame Oil
1 Chopped Scallion
1 Chopped Cilantro
1/2 tsp Salt



Directions

1. Open rice noodles and place desired quantity in a bowl. Boil enough water with a pinch of salt so that the rice noodles will be submerged when the water is poured over the bowl.
2. In the meantime, place carrots and broccoli in a pot and cover with water. Cook for 5 minutes or until desired texture. Strain vegetables, mix with a pinch of salt and set aside.
3. Once the pot of water is boiled, pour over rice noodles and use a spatula to ensure noodles are submerged under water. Let sit for 5 minutes or until desired texture is met and strain. Mix with Tamari or Soy Sauce and Sesame Oil.
4. Mix the marinated rice noodles with the vegetables, black sesame seeds, scallion, cilantro and salt.
5. Enjoy with our Almond Sauce.

Beet Gazpacho



SERVINGS:1



PREPPING TIME: 5 MIN



COOKING TIME: 0 MIN

Ingredients

- 1 Cucumber Peeled and Chopped
- 1 Beet Peeled and Cooked
- 1/2 tsp Salt
- Juice of 1 lemon
- Handful of Chopped Dill



Directions

1. Place cucumbers in blender first and then place beets on top. Next add lemon juice and salt. Blend well.
2. Pour into a container and add dill.
3. Eat immediately or store in the refrigerator. If storing in refrigerator, remember to remove from refrigerator 30 minutes before eating to bring to room temperature.
4. Enjoy!



Lentil Loaf

Adapted from Detoxinista



SERVINGS: 4



PREPPING TIME: 15 MIN



COOKING TIME: 45 MIN

Ingredients

3/4 dry lentils	1 T Olive Oil
soaked overnight	1 tsp Cumin Seeds
1 C Rolled Oats	1 tsp Cumin Powder
1/2 C Soaked &	1 tsp Thyme
Peeled Almonds	1 tsp Salt
1 Chopped Carrot	1/8 tsp black
1 Chopped Celery	pepper
2 T Flax Seeds	
1 1/2 T Tamari or	
Soy Sauce	



Directions

1. Wash lentils well and cook in 2 cups of vegetable broth or water with 1 tsp **cumin** powder, 1/2 tsp of salt and a handful of chopped celery. Bring to a boil and simmer for 20 minutes. Pour into a wide mouth bowl to cool.
2. Place carrots and celery in a pot and cover with water. Bring to a boil and cook for 5 minutes or until cooked. Strain and set aside.
3. Heat a cast iron or fry pan on medium heat, place **cumin** seeds in pan when hot and allow to toast. Remove from pan and cool in a plate when cooked.
4. Preheat oven to 375 F or 190 C and oil a glass bread pan.
5. Place the almonds in a food processor and pulse a few times. Then add lentils, oats, tamari/soy sauce, thyme, flax seeds and salt in this order and run on high to mix well.
6. Now add the carrots and celery (do not add before this time so it still maintains some of its texture) to the food processor and puree until the mixture becomes sticky.
7. Pour the mixture into the glass bread pan and cook for 30 minutes. Remove pan from oven and brush the top of the lentil loaf with olive oil before cooking again for 15 minutes.
8. Allow the lentil loaf to cool down for 15 minutes before cutting.
9. Enjoy!

Roasted Chickpeas



SERVINGS: 4



PREPPING TIME: 15 MIN



COOKING TIME: 45 MIN

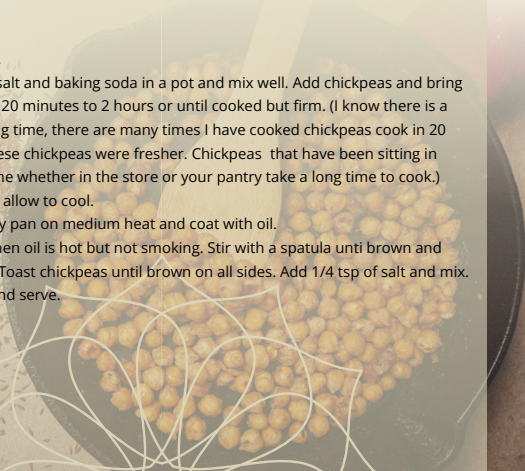
Ingredients

- 3 C Water
- 1 C Dry Chickpeas soaked overnight
- 1 tsp Cumin Seeds
- 3/4 tsp Salt
- 1/4 tsp Baking Soda
- 1 tsp Coconut Oil



Directions

1. Wash chickpeas well.
2. Place water, 1/2 tsp salt and baking soda in a pot and mix well. Add chickpeas and bring to a boil. Simmer for 20 minutes to 2 hours or until cooked but firm. (I know there is a large range in cooking time, there are many times I have cooked chickpeas cook in 20 minutes, perhaps these chickpeas were fresher. Chickpeas that have been sitting in storage for a long time whether in the store or your pantry take a long time to cook.)
3. Strain chickpeas and allow to cool.
4. Heat a cast iron or fry pan on medium heat and coat with oil.
5. Add **cumin** seeds when oil is hot but not smoking. Stir with a spatula until brown and then add chickpeas. Toast chickpeas until brown on all sides. Add 1/4 tsp of salt and mix.
6. Remove from heat and serve.
7. Enjoy!



Almond Paneer (Cheese)



SERVINGS:4



PREPPING TIME: 15 MIN



COOKING TIME: 25 MIN

Ingredients

- 1 cup overnight soaked, washed and peeled almonds
- 1 cup water
- 1/2 tsp salt
- Handful of chopped dill
- Coconut Oil for oiling pan



Directions

1. Blend almonds, salt and water in blender for 30 seconds or until smooth. If mixture is too thick for your blender, add a teaspoon or two of water. Try not to add more water than you need to blend the mixture.
2. Place the almond mixture in a cheese cloth in a strainer over a bowl and cover. Place in the refrigerator for 8 hours so the excess water from the almond mixture can drip into the bowl.
3. Remove the mixture from the fridge.
4. Preheat oven to 325 F or 162 C and oil a stainless steel pan.
5. Fold the dill into the almond mixture with a spatula. Use your hands to mold the almond cheese into a circle or rectangle. Place on the stainless steel pan.
6. When heated, place pan in oven for 25 minutes or until the cheese starts to turn bronze at the edges and on top.
7. Remove from oven and allow to cool for 20 minutes so the cheese can set. Use a spatula to remove the almond cheese onto a cutting board. Slice or chop however desired.
8. Enjoy!

Sweet Potato Lemongrass Curry



SERVINGS:4



PREPPING TIME: 10 MIN



COOKING TIME: 20 MIN

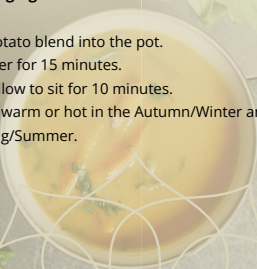
Ingredients

4 C Coconut Mylk,	10 G Chopped
500 Grams of	Ginger
Boiled Sweet	1 tsp Salt
Potato	1 tsp Coconut Oil
3 Lemon Grass	1/2 tsp Turmeric
Stalks	Powder
1 Carrot Peeled	Pinch of Black
and Cut (80 g)	Pepper
1 tsp Cumin Seeds	<i>*Reduce ginger in</i>
15 G of Piece of	<i>warm/hot weather</i>
Ginger	



Directions

1. Blend coconut mylk, sweet potato, 15 g ginger and salt until well blended.
2. Heat a 3 quart pot and coat with oil. When hot and not smoking, add **cumin** seeds to toast. Then add chopped **ginger** and stir. Add carrots and stir. Add **turmeric** powder and **black pepper** and stir.
3. Slowly pour the sweet potato blend into the pot.
4. Bring to a boil and simmer for 15 minutes.
5. Stir and turn off stove. Allow to sit for 10 minutes.
6. This curry can be served warm or hot in the Autumn/Winter and served room temperature in the Spring/Summer.
7. Enjoy!



Creamy Almond Vegetable Soup



SERVINGS: 4



PREPPING TIME: 10 MIN



COOKING TIME: 20 MIN

Ingredients

5 C Vegetable Broth	1 T Olive Oil
2 C Cooked White Beans	2 tsp Oregano
1 C Soaked & Peeled Almonds	1 tsp Thyme
2 C Spinach Chopped	1 tsp Ginger
2 Carrots Chopped	1 tsp Salt
1 Celery Chopped	1 tsp Lemon Juice



Directions

1. Blend the vegetable broth, white beans, almonds and salt until smooth.
2. Heat a pot on medium flame and coat with oil. Add **ginger** and stir for 30 seconds. Then add carrots and celery and stir. Add **thyme** and **oregano** and stir until aromatic.
3. Slowly start to pour blended mixture while stirring. Cook for 15 minutes and stir so it does not burn.
4. After 15 minutes, turn the stove off, mix the spinach into the soup and cover the pot. Allow for the spinach to cook and flavors to integrate.
5. Option to add lemon juice before serving.
6. Enjoy!

Quinoa Chowder

Recipe from Deborah Madison



SERVINGS: 4



PREPPING TIME: 10 MIN



COOKING TIME: 30 MIN

Ingredients

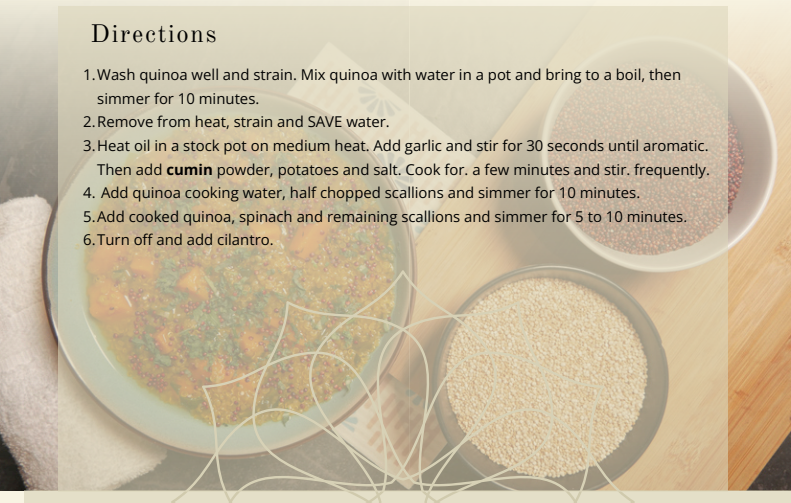
8 C Water
3 C Spinach
Chopped
1 C Soaked Quinoa
3/4 Lb/340 grams
Potatoes
2 Celery Chopped
2 T Olive Oil
1 tsp Cumin
Powder

2 Garlic Cloves
Chopped
1/2 - 1 tsp Salt
1/4 tsp Black
Pepper
4 Scallion Chopped
Handful of Cilantro
Chopped or Herb of
Your Choice



Directions

1. Wash quinoa well and strain. Mix quinoa with water in a pot and bring to a boil, then simmer for 10 minutes.
2. Remove from heat, strain and SAVE water.
3. Heat oil in a stock pot on medium heat. Add garlic and stir for 30 seconds until aromatic. Then add **cumin** powder, potatoes and salt. Cook for a few minutes and stir frequently.
4. Add quinoa cooking water, half chopped scallions and simmer for 10 minutes.
5. Add cooked quinoa, spinach and remaining scallions and simmer for 5 to 10 minutes.
6. Turn off and add cilantro.



No-mato Sauce



SERVINGS: 6-8



PREPPING TIME: 20 MIN



COOKING TIME: 40 MIN

Ingredients

- 1 1/2 C Vegetable Broth
- 1 C Carrots Chopped (140 g)
- 1 C Beets Chopped (140 g)
- 1 C Sweet Potatoes Chopped (140 g)
- 1 Onion Chopped
- 2 Garlic Cloves Chopped
- 1 T Apple Cider Vinegar or Lemon Juice
- 2 tsp Oregano
- 1 tsp Salt



Directions

1. Heat a pan on medium and coat with oil. Sauté **onion** and **garlic**.
2. Add **oregano** and stir.
3. Add carrots, beets, sweet potato, salt and stir.
4. Add vegetable broth and simmer for 20 minutes.
5. Set aside to cool and then blend into a sauce.
6. Enjoy with pasta, lentil loaf, quinoa salad and much more!



Tamarind Date Chutney



SERVINGS:4



PREPPING TIME: 15 MIN



COOKING TIME: 20 MIN

Ingredients

2 C Water (to soak tamarind) 1 tsp Cumin Powder
2 C Water (to rinse tamarind) 1 tsp Salt
1 Tamarind Ball or Block
1 C Pitted Dates Halved



Directions

1. Place the tamarind ball or block in a bowl and cover with 2 cups of water. Break up the ball in the water with your hands and leave covered overnight.
2. Soak halved dates 2 hours before starting tamarind preparation.
3. Place a strainer over a blender container and take half of the soaked tamarind and place it in the strainer. Massage the tamarind with your hands to loosen the pulp from the seed. Take 1 cup of water and pour a little at a time over the tamarind while squeezing the pulp from the tamarind (reserve some water for the leftover tamarind pulp). Place the strained tamarind in a bowl with the reserved water.
4. Repeat step 2 with the second half of soaked tamarind along with the second cup of water.
5. Take the tamarind from the discard bowl and place in strainer and squeeze with your hands one more time before discarding.
6. Add the rest of the ingredients to the blender and blend well.
7. Pour into a sauce pan on medium heat and bring to a boil before lowering flame to low. Allow the tamarind blend to simmer on low for about 40 minutes. Make sure to stir the tamarind every 3 to 5 minutes so ensure it does not burn or stick to the pot.
8. Notice as the tamarind blend darkens in color and then thickens in consistency. The tamarind chutney is done when it reaches the desired texture, which is similar to that of ketchup. When the tamarind chutney is done, turn the flame off and allow to cool.
9. Pour the tamarind chutney into a glass jar and refrigerate for up to a month. Enjoy!

Asian Inspired Almond Sauce



SERVINGS:2



PREPPING TIME: 10 MIN



COOKING TIME: 0 MIN

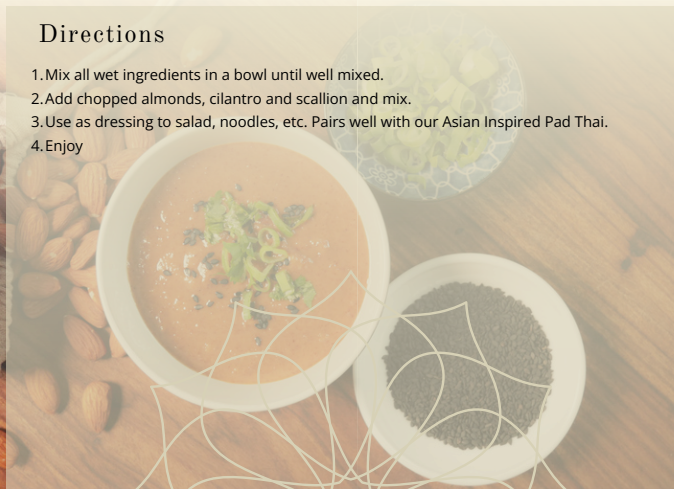
Ingredients

1/2 C Almond Butter	1/4 C Overnight Soaked Chopped Almonds
1/2 C Water	Handful of Chopped Cilantro
4 T Soy Sauce	Hamdful of Chopped Scallion
3 T Lemon Juice	
1 T of Honey or other sweetener	
1 tsp Grated Ginger	



Directions

1. Mix all wet ingredients in a bowl until well mixed.
2. Add chopped almonds, cilantro and scallion and mix.
3. Use as dressing to salad, noodles, etc. Pairs well with our Asian Inspired Pad Thai.
4. Enjoy



Carrot Ginger Dressing

Adpated from Freddy Fajardo



SERVINGS:2



PREPPING TIME: 10 MIN



COOKING TIME: 0 MIN

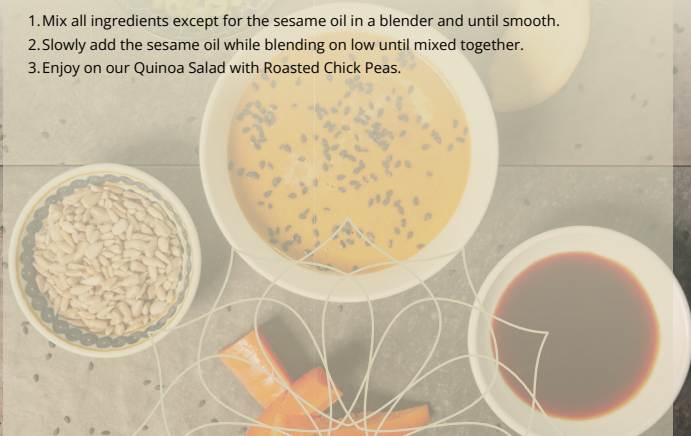
Ingredients

- 1/2 C Tamari or Soy Sauce
- 1/2 C Rice Vinegar
- 1 Carrots Peeled and Roughly Chopped (70 g)
- 4 T Roasted Sunflower Seeds
- 2 T Shredded Ginger (6 g)
- 1 T Sweetener
- 1 T Sesame Oil



Directions

- 1.Mix all ingredients except for the sesame oil in a blender and until smooth.
- 2.Slowly add the sesame oil while blending on low until mixed together.
- 3.Enjoy on our Quinoa Salad with Roasted Chick Peas.



Bliss Balls



SERVINGS:2



PREPPING TIME: 10 MIN



COOKING TIME: 0 MIN

Ingredients

- 24 Dates roughly chopped
- 1 Cup almonds blended
- 1/4 Cup cacao powder
- Pinch of salt
- 2 Tbs coconut shreds



Directions

1. Mix all ingredients except for the sesame oil in a blender and until smooth.
2. Slowly add the sesame oil while blending on low until mixed together.
3. Enjoy on our Quinoa Salad with Roasted Chick Peas.

